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SPECIAL POINTS OF INTEREST



Part I 1
C.H.A.N.G.E.S

Halloween 1
Visits

Myth Busters 2

Mandatory 5
Reentry
Supervision

Success Story 6

Accountability 6



The Kentucky Department of Corrections

The Tool Kit

VOLUME 1 ISSUE 2

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C.H.A.N.G.E.S. Treatment Program

By Julie R. Barber, Psy.D.

The C.H.A.N.G.E.S. Treatment Program was developed and implemented at Kentucky State Reformatory in October 2009, by Julie R. Barber, Psy. D. It was designed to meet the current treatment needs of offenders within the KY Department of Corrections (KY DOC) and includes 3 overarching goals. These include; decrease criminal thinking and criminal behavior,

decrease recidivism, and to assist offenders with successful reintegration to the community. Core principles taught in the treatment program are also reflected in the program's name. These principles include; Compassion, Hope, Altruism, Now, Goodwill, Empathy, and Sobriety.

The C.H.A.N.G.E.S. Treatment Program is structured as a Therapeutic Community (TC).

In general terms, a TC is a treatment setting with relatively structured rules and expectations, in which individuals with similar psychiatric disorders and/or substance abuse disorders meet to provide mutual support to assist with symptom management. TC originated in US psychiatric hospitals

Continued on page 4.....

Probation & Parole Halloween Visits by Lisa Howard

The Division of Probation and Parole has been making Halloween home visits on sex offenders who are on supervision since 2006. Halloween 2011 will make 6 years since we began this practice. Sex offenders in all 18 supervisory districts will be visited by their probation and parole officers when their communities observe Halloween.

Offenders are notified by letter that they are to remain at home on their community's Trick or Treat night. They are to display no Halloween decorations, have no candy or anything else that might attract children.

Their porch lights are to remain off and they are not allowed to accompany any children Trick or Treating or attend any community activities. This means they may have NO contact with children, including their own.

The Probation and Parole Districts organized teams to assist the 28 Specialized Sex Offender Officers in making their visits. This has worked very well in the past and serves as a good reminder for everyone that sex offenders, by the very nature of their offenses, must

adhere to very strict NO contact conditions.

This year staff have been directed to focus their visits on those offenders who are on High or Very High level of supervision.





MYTH BUSTERS

For additional information on the facts please visit
www.nationalreentryresourcecenter.org/reentrycouncil

MYTH: Non-custodial parents who are incarcerated cannot have their child support orders reduced.

FACT: Half of all states have formalized processes for reducing child support orders during incarceration. Three-quarters of all states have laws that permit incarcerated parent to obtain a reduced or suspended support order.

MYTH: Eligibility for Social Security benefits cannot be reinstated when an individual is released from incarceration.

FACT: Social Security benefits are not payable if an individual is convicted of a criminal offense and confined. However, monthly benefits usually can be reinstated after a period of incarceration by contacting Social Security and providing proof of release.

MYTH: Child welfare agencies are required to terminate parental rights if a parent is incarcerated.

FACT: Important exceptions to the requirement to terminate parental rights provide child welfare agencies and states with the discretion to work with incarcerated parents, their children and the caregivers to preserve and strengthen family relationships.

MYTH: Businesses and employers have no way to protect themselves from potential property and monetary losses should an individual they hire prove to be dishonest.

FACT: Through the Federal bonding Program (FBP), funded and administered by the U.S. Department of Labor (DOL), fidelity insurance bonds are available to indemnify employers for loss of money or property sustained through the dishonest acts of their employees (i.e., theft, forgery, larceny, and embezzlement).

MYTH: A parent with a felony conviction cannot receive welfare.

FACT: The 1996 Welfare ban applies only to convicted drug felons, and only eleven states have kept the ban in place in its entirety. Most states have modified or eliminated the ban.

MYTH: A person with a criminal record is not eligible to receive federal student financial aid.

FACT: Individuals who are currently incarcerated in a federal, state, or local correctional institution have limited eligibility for federal student aid. In general, restrictions on federal student aid eligibility are removed for formerly incarcerated individuals, including those on probation, on parole or residing in a halfway house.

MYTH: Individuals convicted of a felony can never receive Supplemental Nutrition Assistance program (SNAP, formerly the Food Stamp Program) benefits.

FACT: This ban applies only to convicted drug felons, and only thirteen States have kept the ban in place in its entirety. Most States have modified or eliminated the ban.

More Myth Busters.....

MYTH: People with criminal records are automatically barred from employment.

FACT: An arrest or conviction record will NOT automatically bar individuals from employment.

MYTH: The Federal government's hiring policies prohibit employment of people with criminal records.

FACT: The Federal government does not have a policy that precludes employment of people with criminal records from all positions. State government decisions on convicted felon employment is made at the Department level.

MYTH: An individual cannot apply for Supplemental Nutrition Assistance Program (SNAP, formerly the Food Stamp Program) benefits without a valid state-issued identification card.

FACT: A person can get SNAP benefits even if he or she does not have a valid state ID.

MYTH: Veterans cannot request to have their VA benefits resumed until they are officially released from incarceration.

FACT: Veterans may inform VA to have their benefits resumed within 30 days or less of their anticipated release date based on evidence from a parole board or other official prison source showing the Veteran's scheduled release date.

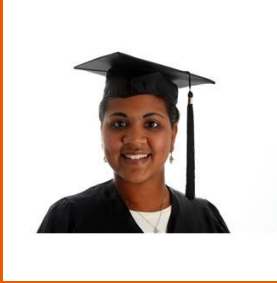
MYTH: Individuals who have been convicted of a crime are "banned" from public housing.

FACT: Public Housing Authorities have great discretion in determining their admissions and occupancy policies for ex-offenders. While PHAs can choose to ban ex-offenders from participating in public housing and Section 89 programs, it is not HUD policy to do so. In fact, in many circumstances, formerly incarcerated people should not be denied access.

MYTH: Employers have no federal income tax advantage by hiring an ex-felon.

FACT: Employers can save money on their federal income taxes in form of a tax credit incentive through the Work Opportunity Tax Credit (WOTC) program by hiring ex-felons. An ex-felon under WOTC is an individual who has been convicted of a felony under any statute of the United States or any State, and has a hiring date which is within one year from the date of conviction or release from prison, the date of conviction or release from prison.



**Compassion****Hope****Altruism****Now****Goodwill****Empathy****Sobriety**

C.H.A.N.G.E.S. Continued from page 1.....

in the late 1950's and gradually emerged in correctional settings several years later, in response to the demand for more effective methods for managing recidivism. Since that time, significant research and specific criteria have been assimilated to further develop a "best practices" model of TC with correctional settings. The US Office of National Drug Control Policy (1999) commissioned standards for prison based TC and outlined four major philosophical issues to TC within correctional settings. These include:

- 1) Substance abuse and criminality are symptoms of a disorder of the whole person.
- 2) The disorder of the person consists of social and psychological characteristics that must be changed.
- 3) "Right Living " refers to the morals and values which sustain recovery, and is the goal of treatment.
- 4) Recovery is a developmental learning process.

The treatment program is a minimum of 6 months in duration and is structured in a group format. It includes 5 distinct treatment levels, with each level building upon the information and skills mastered during the previous level. Offenders learn and practice pro-social behaviors, which are further reinforced in the program's 5th level via a 6 week "internship", known as Advanced Application of Treatment Principles.

The program utilizes a cognitive behavioral (CBT) curriculum, demonstrated to be the most effective treatment modality in correctional settings. The program is structured around a core curriculum, designed to challenge criminal thinking and criminal behaviors. Additional "elective" treatment groups are also included; assignment to these groups is based on individual treatment needs, offender request, treatment staff recommendation, and overall level of functioning. A minimum of 5 elective groups must be completed by each offender prior to graduation from the treatment program.

An educational enrichment component was recently added to the program's curriculum and allows offenders to work toward obtaining a GED while active in the program. Various academic classes are now included as part of as part of the 20+ electives offered in the treatment program. Offenders are assigned to these electives based on educational history. The addition of this component not only assists with providing offenders access to basic education, but also assists with preparing offenders for successful Reentry to the community and increased employment opportunities. The program accepts referrals from all KY DOC institutions on a continuous basis. Referrals can be submitted via mail or email to Julie R. Barber, Psy.D. (julier.barber@ky.gov), the supervising psychologist for the treatment program.

Part II will be in the November newsletter and will consist of the different program levels and additional programmatic components.

HOUSE BILL 463
Mandatory Reentry Supervision

Pursuant to KSR 439.3406, an offender must meet the following criteria in order to qualify for Mandatory Reentry Supervision:

- ⇒ **Must not be serving on a Class A felony or Capital Offense**
- ⇒ **Must not have a sentence of Death or Life Imprisonment**
- ⇒ **Must have reached their actual parole eligibility date**
- ⇒ **Must Complete the Substance Abuse Program if parole previously recommended contingent upon successful completion of the Substance Abuse Program and currently enrolled in the Substance Abuse Program**
- ⇒ **Must have reached their DUI date when applicable (DUI 4th offense with aggravator)**
- ⇒ **Must not be required to Complete Sex Offender Conditional Discharge**
- ⇒ **Must have completed the Sex Offender Treatment Program if convicted of a sex crime after July 15, 1998, and that sex crime was committed prior to July 15, 1998**
- ⇒ **Must not be Classified as Close Custody or Maximum Custody**
- ⇒ **Must have a total sentence greater than two years**
- ⇒ **Minimum Expiration date must be more than 6 months after the most recent admission to custody**
- ⇒ **Must be within six months of Minimum Expiration date**
- ⇒ **Must not have previously been released on Mandatory Reentry Supervision during their current period of incarceration**

Kentucky Success Stories



Rachel Goldstein
Reentry P&P Officer
District 16—Louisville

The most rewarding case that I have had on my reentry caseload so far was a woman who had just been released from prison. She had been in SAP while she was incarcerated, and had a long history of crack cocaine abuse. She had paroled to an apartment in Old Louisville, and some of her neighbors were crack abusers. She called me one day, crying and shaken, because her neighbors had continually pushed her to use cocaine. The night before she called me, she had given in and used the drug. I told her to come in to my office that day. We sat down and spent a long time talking about her past, her current state of mind, and what she wanted for her future. She told me that she wanted to be free from her addiction and to live a life that her son could be proud of. She didn't want her addiction to affect the role model that she aspired to be for her son.

The social service clinician and I determined a treatment program for her that we thought would help her the most. She enrolled in the program, which she attends every week, even to this day. She began going to AA/NA meetings multiple times a week. She found a job that she works at 50 plus hours every week. We set up weekly meetings for her to come to see me, so that we could talk about her progress or setbacks.

This ex-offender has remained drug-free now for three months. She has been working, and is now looking for a new apartment. At our last meeting, she said that she is finally becoming the person she wants to be: the role model that her son deserves.

The reentry philosophy requires a blend of law enforcement, support, community resources, and team work. As agents working for the Kentucky Department of Corrections, the recipe for reentry is worth the effort when we help to provide opportunities for change.

This Month's Tool for the "Offender Tool Box" is Accountability

Some things just **never change** and holding offenders responsible for their actions is one of "those things."

While reentry in Kentucky is a change in departmental philosophy rather than a "program," it has never advocated that the offender is not responsible for his or her

actions. In fact, the reentry philosophy holds them more accountable than ever before. Public safety is still our number one priority.

Accountability is a learning tool that provides a direct response to an action. This is one of the most important Tools in the Offender's tool box.

This concept can be taught

by every person that the offender comes in contact with. Correctional officers, Case Managers, medical, mental health, unit staff, and probation and parole officers. This is when we, as DOC employees, can lead by example.

